

## Patio Salad AG 300

Number of Servings: 300 (115.2 g per serving)

Amount	Measure	Ingredient
6.00	Tbs	Spice, mustard seed, ground
2 1/2	cup	Sugar, white, granulated
4 3/4	qt	Sour Cream, light
3 3/4	qt	Dressing, mayonnaise, light
19 1/2	lb	Corn, fzn
4 3/4	qt	Onion, white, fresh, chpd
4 3/4	qt	Celery, fresh, diced
3 1/4	gal	Tomatoes, red, fresh, year round avg, chp
4 3/4	qt	Cucumber, w/o skin, fresh, pared, chpd

### Nutrients per serving

Nutrition Facts	
Serving Size (115g)	
Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 100mg	4%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 2g	
Vitamin A 8%	Vitamin C 10%
Calcium 4%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Instructions

Mustard seed, ground is Dry Mustard

Light Mayonnaise or Salad Dressing may be used in this recipe

Each pound of frozen corn (3 1/2 c) = 3 c corn after cooking

If participants prefer less onion part of onion may be replaced with diced peeled seeded cucumbers

Dice fresh tomatoes

Mix first 4 ingredients together into a dressing and refrigerate. Slightly cook corn and cool; dice onion, celery, tomatoes and peeled seeded cucumbers.

Mix vegetables with dressing and refrigerate until <41 degrees. May be prepared the day before and refrigerated.

1 serving = 1/2 c or #8 scoop

1/2 cup = 1 CS

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.
- Wash raw fruits and vegetables before using them in food preparation.

Holding :

- Hold for cold service at an internal temperature of 41 F or lower.

Storing :

- Store refrigerated at an internal temperature of 40 - 45 F.

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